

MAIA AKIVA

live from your HEART

"Maia's work helps ease those who have never intentionally explored self-love into the world of self-love. Maia's attitude displays a level of affection and caring for her participants that was greatly refreshing. There is always a waiting list for her workshops and the audience really love her"

-Jessica Weissbuch, Program Manager, LifeWorks

Maia Akiva is a Motivational Speaker, Entertainer, Facilitator, a reality bender and an emotional researcher who dips into every flavor of human behavior and self-discovery using self-help fiction, magical realism, original visual storytelling and emotional coaching. Originally from Israel. She led workshops of self-discovery at Models of Pride conference, Brave Trails Camp, Resilience Treatment Center, Reconnect center and many more awesome places. She teaches meditation at The Den Meditation in Los Angeles. Maia's creative work and her desire to help people take a look at themselves come from her own experience. After turning her back on herself for many years, suffering from depression and self-negativity she finally decided to start a new relationship with herself and turned her life around, living a life full of Joy and positivity.

Selected Keynotes, Workshops, Trainings Topics:

- Self-Love 101
 - Leadership from the Heart
 - Life/Work Balance - How do YOU want to FEEL today?
 - Using your Heart to find your Purpose is all you really need
 - From Negativity to Positivity and everything in between
 - "Your Title Here"
- Custom-Tailored content for groups and organizations

Maia's Workshops and Keynotes are a place for exploration, growth and change. Maia helps your group to gain valuable knowledge and awareness and to receive guidance and practical answers about the challenges they face every day in their lives and their work. She is able to convey originality and humor to explain everyday problems they face and use inspiration and her own life experience to offer new ways to a happy and peaceful life. Maia will engage your group with humor, compassion and originality and will challenge them to seek answers within themselves.

"Maia got us honest with ourselves in a playful way. We each went through true emotional journeys to get in touch with our challenges, but we laughed the whole time. Maia gives us the power of honesty, and the gift of progress."

-Melanie Zoey, writer/director (Why I Dance)

"Maia is an excellent workshop facilitator. Her workshops incorporate creativity and emotional exploration which helps our clients express themselves in new and important ways. She is very diligent about communicating, brainstorming and providing assistance when needed."

-Joe Hobel, MFT

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